

splitimes

January 2017

The Official Newsletter of the Utica Roadrunners



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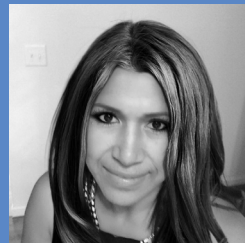
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January
2017
Utica Roadrunners
Board of Directors



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Vice Presidents

Administration & Finance

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Activities & Events

Mike Kessler

Secretary

Anne Marie Latshaw

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Lisa Walchusky

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Jim Mott
Wayne Murphy
Scott Neary
George Searles
Stephanie Stark
Joanne Willcox



UR members enjoy a monthly happy hour at Lukin's in Utica

Advertising

If you would like to advertise in SpliTimes, please contact:
Sybil Johnson email: densyb@roadrunner.com
or call (315) 733-6216.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett
michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

[People Who Run For Fun Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)





President's Message

Happy New Year Fellow Utica Roadrunners Club Members!

Who knows what will happen in 2017??? No one? Well, we can count on the Heart Run, SOS Run, Summer Sizzle, Boilermaker, and Falling Leaves Races at least. Throw in a bunch of local races that are held each year, the Boilermaker Training Program, and Utica Roadrunner Wednesday Development Runs and you could have a full calendar. Those of us on the Board of Directors are doing our best to coordinate all of our Club events, but we will need your help if success is to be achieved. Please pay attention to your emails and please volunteer as much as you can.

Membership Renewal

Now is the time for Membership renewal. Joe Crisino is our Main Membership Man. He has the program all worked out thanks to the Paddock's training. Joe is anxiously anticipating all of the renewals to come in during January and February. Sure, he will take them any time of the year, but send your renewals ASAP so his work is done early in the year. The cost is still very reasonable and you can even go to the Club website www.uticaroadrunners.org and pay online. How easy can it be?

2017 Board of Directors

The Club Officers and Board of Directors welcome Jim Latshaw, Jim Mott, and Scott Neary as our new Board members. The Board has done a bit of shuffling for this year. I was hoping to pass the torch for my job, but not this year. Next year for sure! Here are the position holders for 2017:

Mike Kessler – Vice President for Activities & Events

Melanie Crisino – VP for Administration & Finance

Lisa Walchusky – Treasurer

Ann Marie Latshaw – Secretary

[Joe Crisino](#) - Membership

Jim Latshaw – Volunteer Coordinator

Wayne Murphy – The Ted Petrillo SOS Race

[Dennis Johnson](#) - Summer Sizzle

[Mike Brych](#) – Falling Leaves

[Dave Morehouse](#) – Run to End Hunger

[Gary Burak](#) – Racing Team

Melanie Crisino & Stephanie Stark – Boilermaker Training Program

Mike Kessler & [Linda Turner](#) – Development Runs

[Gary LaShure](#) & [Francis Peruzzi](#) - Grand Prix

Ann Marie Latshaw – Scholarships

Melanie Crisino & Stephanie Stark – Social

[Jim Moragne](#) – Cup Challenge

[Liz Casatelli](#) – Merchandise

????? - Youth Training

[Dennis Johnson](#) - Equipment

Wayne Murphy – Facebook & PR

[Michelle Truett](#) - Newsletter

[Jerry Tylutki](#) – Webmaster

????? – RRCA & USATF Liaison

continued →

Business Sponsors

We have 2 open spots where the question marks appear. You could volunteer with a friend. We'd appreciate any help. Not all of these members are on the Board. The blue names are members who want to help the Club. You could be one of them. Mike Kessler is trying to gather a Sponsorship Committee. They would find businesses that would donate money to the Club for our events. That money would be divided among our races. We would have signage for all of the businesses at our events. Let Mike know whether you are interested in helping.

UR Heart Run Team

Every year that I have been President, I have announced in these articles that the Utica Roadrunners will have a Heart Run Team. When you complete your app for the 2017 event on March 4th, if you want your pledges to go into the Club kitty, just print my name for the Team Leader and Utica Roadrunners as the Organization/Club Team. We receive recognition for our efforts. I realize that you may want your pledges to go to another group, and that is OK. Some members have said that they had never known about the process, so now they have the info again. I have always said that 'Runners don't read' and this fact goes beyond race signage. They don't read my articles either.

Awards Banquet!

Put March 4th on your calendars for the Annual Awards Banquet! Send your mileage and special event performance to the Club – UR, P.O. Box 4141, Utica, NY 13504-4141. Yes, that is the same day as the Heart Run, but you have time to run, party, take a nap and get to Aqua Vino on North Genesee Street on March 4th. No excuses. Just do it. I do not want to mail out awards this year.

Uh-oh, Sybil is getting sarcastic. Time to sign off for this month. Just one more thing... I did not quite make 1000 miles of walking. I got to 923 miles for 2016. Darn, I wanted to hit 1000. Too much was going on at the end of the year. BE CAREFUL OUT THERE!!



The Ted Petrillo SOS Race

**SAVE
OUR
SWITCHBACKS** **7.5K**



**Never too early to commit!
April 23rd
Registration is now open!**

[Sign up now >>](#)



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www.cnyvoc.org

December 12, 2016

Utica Roadrunners Inc.
PO Box 4141
Utica, NY 13504

The Central New York Veterans Outreach Center (CNYVOC) would like to say thank you for the generous donation of \$5005.00 this holiday. Your commitment to helping Veterans in need within our community this Thanksgiving is sincerely appreciated.

Each year the CNYVOC continues to advance its mission of enriching all Veteran's quality of life by providing comprehensive support services to all Veterans and their families. Through our services, we have seen many lives changed for the better. Your donation will allow us to continue to serve Veterans and their families in need.

The goal of the CNYVOC is to continue to make a difference within the Veteran community with the help of donations from supporters such as you; we will continue to see improvements in their lives.

Thank you again for your generous support of our efforts.

Sincerely,

The Staff of the Central New York Veterans Outreach Center



On Thursday, December 8, 2016, Vincent Scalise, Director of the Veterans Outreach Center, was presented with a check for \$5,005 by Dave Morehouse, Director of the 32nd Annual Thanksgiving Run/Walk to End Hunger. The check represents the proceeds from the event which was sponsored by the Utica Roadrunners. Pictured from the left are: Sybil Johnson, President of the Roadrunners, Vincent Scalise, and Dave Morehouse.

Letter from the Editor



Rack up volunteer points in 2017

If you're going for your 1,000 mile red jacket in 2017, you have to rack up **TEN** volunteer points as well. Check out the list of volunteer possibilities on page 9. There's many things you can do for the newsletter that will gain you a few points, too (as well as gratitude from me!)

Write a single article - 2 points

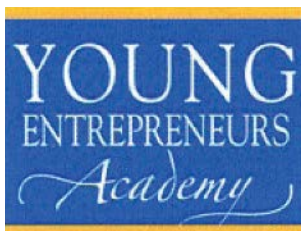
Write a regular column - 10 points

Proofread for a year - 10 points (*this slot is full!*)

Just writing a regular article will get you ALL of your points for the year! And you can do that from the comfort of your home.

Think about it. Get in touch if you want to dive in.

A Student Survey



A student in this year's Young Entrepreneurs Academy at Mohawk Valley Community College is working on a business plan for a company that puts on races. As part of her marketing plan, she is conducting a short survey to gauge what local runners want. Please take a few minutes to help her out!

[Take the Survey >>](#)

*Please join us for the
Utica Roadrunners
Annual Awards Banquet*



Saturday, March 4, 2017

6:00pm

at Aqua Vino

16 Harbor Lock Road, North Utica

Two hours open bar and buffet

Please RSVP by sending
\$25 per person by Feb. 13th

Melanie Crisino
10 N Richfield Street
Mohawk, NY 13407

Check payable to: Utica Roadrunners

Any questions, please contact Melanie at (315) 723-9202 or email mcrisino@yahoo.com



FROM DAY ONE...

2017 BOILERMAKER TRAINING PROGRAM



... TO THE BIG DAY!

Starts Saturday, February 4th, 7:30am at The Fitness Mill, New York Mills

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first four weeks at The Fitness Mill, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get you to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 4th right up to the Boilermaker on July 9th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group. We guarantee you will find some lifelong friends by joining!

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$20 for the year for an individual (under 18 is \$10), \$25 for couples or only \$30 for a family. You'll get local running news throughout the year and other benefits. Sign up right on our website: <http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Melanie Crisino** a call at (315) 723-9202 or email her at mcrisino@yahoo.com. She's got you covered.

Volunteer Points

How to accumulate points throughout the year:

1. Board of Directors and Similar

Serving on the Board of Directors as an officer: **30** points

Serving on the Board of Directors non-officer: **20** points

Membership Chair: **20** points

Merchandise Chair: **20** points



2. Director of Club race or training program: **20** points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program (BTP), Development Runs

3. Director of Club event (non-race/training) or ongoing project: **20** points

Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix

4. Committee Chair of club race or training program: **10** points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger and similar.

5. Committee Chair of club event (non-race/training) or special committee: **10** points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

Hosting a Breakfast Run, Thursday Night Run or the like at least four times: **10** points

Racing team captain: **10** points

Racing team member: **1** point per race start with team scoring

Writing a regular column for SpliTimes: **10** points

Proof Reading monthly SpliTimes for a year: **10** points

Writing a single article for SpliTimes: **2** points

7. General volunteer for a single race or training event: **1** point.

Includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): **1** point.

Includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

Member Spotlight



Losay Jones

You see Losay everywhere – at local races, at the Boilermaker Training programs, the Development Runs, Saturday morning runs and yes... you see her running photos all over Facebook. She so often talks to others while running to get THEIR stories, but we decided it's time to share HERS!

Losay Jones is described by her running friends as inspirational, funny, hilarious, sincere, committed and sometimes.. crazy! (But in the best of ways.)

She's a runner, a mother, a world traveler, an incredible cook, is multilingual and had a great year with a couple big running goals met.

Let's get to know her better by starting with her incredible background. Losay was born and raised in Tonga. Don't know where that is? Right here

She's also lived here.

And here.

And then... she moved to Stittville, NY.



Let's back it up, though – growing up in Tonga was interesting. She is the oldest of 11 children (who now live all over the world including Australia, New Zealand, New York and Utah). She grew up on a farm with cattle and pigs which she describes as filled with “a lot of love and a lot of FOOD!” Tonga is a very conservative culture where kissing and holding hands in public is frowned upon. There is no smoking or drinking in her household and swearing in front of parents or siblings was a strict no-no. Kids don't usually leave the home until they're 21 when they're heading off to get married. So when rebellious Losay was 15 and wearing make-up and 18 or 19 talking about cute boys, it sent a few waves through the island! She met an American Peace Corps volunteer, fell in love and at age 21, moved halfway across the world to Upstate New York.

Fast forward a few years and Michael and Losay's beautiful daughter Angela was born and this is where running came into Losay's life. Her pregnancy, like many, caused her to gain a good deal of weight and it was torturous trying to get it off. She tried every single diet she could to no avail. Running was the only thing that worked. She had always been athletic having played field hockey, soccer and “net ball” (basketball to us Americans!) so running tapped into that inner athlete that had been

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lying dormant for some years. Another thing was a driver for her – a culture of being overweight. She jokes that Tongans “only look good when we’re single!” and that after marriage, due to diet and lack of exercise, many gain a significant amount of weight. She was out to prove that that wouldn’t be the case for her.

Her immediate family thinks she’s crazy doing all of this running, but because she’s “the oldest AND has a big mouth,” she puts them right in their place. Her second family – her running family – provide the support and kick in the butt that she needs locally. She loves that those she runs with have really become her extended family and that she has the opportunity to learn a little from each of them. They depend on each other. They have fun on and off the road. The bond is unbelievable and there is a certain magic about people who run that she has pinpointed – they are overall happier, friendlier and constantly motivated.

She compares running to real life – at first it’s hard, but the more you do it, the easier it gets. As much as she enjoys running with groups, her solo runs are also important. On those, she talks to herself (literally... aloud), makes peace with herself, thinks deep and settles her overall mental and physical health. The group runs fulfill her need for socialization and learning from others.

She is fit, determined and is a great role model to her daughter. 2016 was a tremendous year for running for Losay – she not only ran 1,100 miles, but also finished her first full marathon in Corning, NY. Losay and her running buddies stopped at every mile marker along the way to take photos. We would expect nothing less! And we love this story... after races, her go to is a banana and she loves pizza. Lots of pizza. After the Wineglass full marathon, she got a pizza (a WHOLE pizza!) to munch on on the ride home. As she kept driving, stopping to dance around to shake out her legs here and there, and eating pizza, she at one point reached her hand back into the box to realize that she had eaten the whole thing! Hey, after you run a full marathon, NO ONE can judge - you earned that, Losay!



What’s on her running to do list for 2017? She’ll be keeping local for races and doing a bit less traveling. As we all know, running can add up between race entry fees, sneakers, travel and whole pizzas... and Losay defends every dollar. “I have no guilt - I had so many good experiences this year. Running makes me feel good and it’s something you just do for yourself.” We agree! In 2017, you’ll see Losay at the Boilermaker and Falling Leaves (her favorite) for sure and plenty of other local races. We look forward to many runs with her, seeing her beautiful smile, and hopefully we can photo bomb a few of her selfies!

H.S. ATHLETE Q&A

"Run fast,
live
fearless".



Gabrielle Dewhurst

School: Clinton High School

Grade: 12

When did you begin running?

I started running in seventh grade on modified track and I fell in love with the sport. I continued running for the joy of it until the end of my sophomore year when I began seriously training and competing.

What inspired you to start?

My dad ran cross country in high school, so hearing his stories and seeing his passion really inspired me to try it out.

What distance(s)/event(s) do you compete in?

I compete in events anywhere between the 400m and 5k during cross country. My favorite events are mid distance (800m, 1000m and 1500m) during track season.

What have been your biggest running accomplishments so far?

My biggest accomplishments in running involve overcoming many obstacles throughout my career. I made a huge jump between my sophomore and junior years, and qualifying for my first state meet was definitely memorable-- especially since I was 72nd at the sectional meet just one year earlier. Making the state meet for my senior cross country season was probably my favorite accomplishment. Going into the race I was ranked tenth with a season full of sickness and disappointment behind me. After a surprising 19 minutes and 40 seconds, I finished third and was headed for the state meet -- finally healthy.

What does the future hold for you and running?

I will be running both cross country and track (along with studying nutritional science) for Cornell University for the next four years and I could not be more excited!

continued →

She believed she could so she did.



Do you do any other sports aside from track? Track and cross country are my only sports, however I did play soccer until freshman year.

Have you received any special awards/recognitions or broke any school records?

I hold several school records for Clinton, my favorite being the outdoor 1500m. It had been set in 1988 and I broke it at the state qualifier last spring.

What piece of gear can you not live without?

You won't catch me in a serious race without my black, maroon, and white hair ribbons or black Sharpie writing on my arm. My hair ribbons make me think someone is always behind me and the I read the writing on my arm for pre-race or mid-race motivation.

What is your favorite food to eat after a meet?

My favorite foods to eat after a race are probably ice cream, burgers or anything spicy. After the cross country state meet and a season full of clean eating, I splurged on Twix bars, Thai food, ice cream, cookies and a burger. I probably consumed 4,000 calories, but then again, why run if you can't eat afterwards!

When you're NOT running, what can we find you doing in your spare time?

When I'm not running, I'm usually doing homework or having fun with friends/family.

What other activities are you involved with at school?

At school, I am involved in Student Council, Class Office, Yearbook, Gay-Straight Alliance, Honor Society, and Envirothon.

Favorite movie:

I could watch *The Conjuring* or *Taken* over and over again and not get bored of either.

Do you have any pets?

I live (and grew up) on a horse farm, so I always consider the over 20 horses my dad trains as my pets. Besides them, I have a goat named Dottie and an English Springer Spaniel named Romeo.

Running philosophy:

I have two running mantras you can find written on my arm in Sharpie before any given race. The first is **"Run fast, live fearless!"** Fearlessness and bravery are very important, especially in running. If you aren't brave you'll never know what you're capable of. The other is **"She believed she could so she did!"** This is also my senior quote, I really like the ambiguity of it. I think you can achieve absolutely anything if you believe in yourself, regardless of the circumstances.

Willijah's Corner



Willijah Dawson

Full time insurance customer advocate, full time student and lover of running (in her spare time!) With numerous 5Ks and two Boilermaker 15Ks under her belt she claims "running is my therapy".



At the end of each year like most people I like to take the time to reflect over my goals for the year and assess how far I've come. I like to make note of the things that I've done well and the things that I didn't do so well.

If you've been reading my articles this last year you'll recall that I have touched on various topics around goal setting. Things such as: Setting goals, finding motivation to achieve your goals, managing stress, finding balance, overcoming failures, self-care etc.

All of these things are extremely important, but the most important piece of them all is having discipline. Without it, you will never get to where you need/want to be.

So what does one do to be disciplined? Why do people struggle with this area of their life?

These are some questions that I ask myself when I find that I am lacking discipline in certain areas of my life. Finding a discipline, I've concluded can be simpler than we make it out to be. In my opinion, by asking yourself the following questions and practicing the steps I outline you will be on your way to becoming more disciplined.

Get your mind in a right place: Life can be stressful, dealing with our day-to-day can often cause us to lack drive and discipline. Learn to manage your stress and mentally prepare yourself to begin working towards a goal that you have set for yourself. Know your why:

what is it that you are aiming for? Once you truly know your why ... make a commitment.

Remove distractions: Instead of watching the latest TV show or scrolling your social media sites, take that time to invest into your goal. Say no to the things that are not supporting your goals or adding value to your life. Do not take on more than you can handle... I am the queen of this. Doing this only sets you up for failures.

Eat Well, Get Rest & Exercise: This goes without saying: A healthy body, makes for a healthy mind and helps you to have the energy you need to stay alert and focused.

Prioritize: Learn to effectively manage your time and do the things that matter most first. Plan your days and ensure you are making time to work on you goals. You can't exercise your discipline without a plan of action.

Lastly: Follow through, show up and just do it! Keep a log to measure your success and repeat!

"The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success"

Awesome Stuff

Funny Running Shirts



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The New York Times

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